

# Spin Class/Rock Steady Boxing Schedule

October 2020

## SPIN ROOM

| MONDAY                           | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY                  | SUNDAY |
|----------------------------------|---------|-----------|----------|--------|---------------------------|--------|
| 8:30 AM<br>HIIT & Spin<br>Janice |         |           |          |        | 9:15 AM<br>Spin<br>Brenda |        |
|                                  |         |           |          |        |                           |        |
|                                  |         |           |          |        |                           |        |
|                                  |         |           |          |        |                           |        |
|                                  |         |           |          |        |                           |        |
|                                  |         |           |          |        |                           |        |

Click here or scan the QR Code to register for class



## ROCK STEADY BOXING ROOM: UPSTAIRS (Special Clearance Required)

|   |  |   |  |   |  |  |
|---|--|---|--|---|--|--|
|   |  |   |  |   |  |  |
|   |  |   |  |   |  |  |
|   |  |   |  |   |  |  |
| 12:00 PM<br>Rock Steady Boxing<br>Virtual |  | 12:00 PM<br>Rock Steady Boxing<br>Virtual |  | 12:00 PM<br>Rock Steady Boxing<br>Virtual |  |  |
|   |  |   |  |   |  |  |
|   |  |   |  |   |  |  |
|   |  |   |  |   |  |  |

**HIIT N' Spin:** This is not just a spin class...this is High Intensity Interval Training! You will enhance your overall spin workout by improving endurance and building strength. \*\*No spin shoes are needed. Weights and bands will be provided for the strength training.

**Rock Steady Boxing:** Fight back against Parkinson's with this 90 minute workout that focuses on balance, core, and boxing techniques (**Paid class**)

# Wellstar Health Place

**Please note:** Class times are 60 minutes unless otherwise noted. Instructors and classes are subject to change.

**Monday – Friday**  
4:45 a.m. – 9 p.m.

**Saturday**  
8 a.m. – 5 p.m.

**Sunday**  
8 a.m. – 5 p.m.